

What's happening ...

Chapel

Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel

9:45 a.m., Sunday liturgical service, Friendship Chapel (weekly communion)

9:45 a.m., Sunday School, Shaw Heights Elementary School

11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex

7 p.m., Sunday, Young Adult Worship, Palmetto Chapel

Catholic services:

11:30 a.m., Tuesday - Friday, Daily Mass/Communion, Palmetto Chapel

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

11 a.m., Sunday School, Shaw Heights Elementary School

FSC

Time for Tots

This parent-toddler group, cosponsored by the FSC and Family Advocacy, meets Thursdays from 10 to 11:30 a.m. at the Youth Center. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at **499-2656**.

Couples Communication

This informal program presented by Choice Behavioral Health is scheduled for Sept. 29 from 6 to 8 p.m. It is designed to help couples sharpen their listening and communication skills and enhance their relationships. For more information or to register, call **895-1252**.

Local job search

This free workshop, Tuesday from 1 to 2 p.m., is open to military and family members at Shaw interested in finding employment in the local area. Guest speaker for the event will be Paulette Bennett of Companion Employment Services. Seating is limited. For more information or to register, call **895-1252**.

International Pot Luck Sampler

The International Pot Luck Sampler will be held at the Community Center Oct. 6 at 6 p.m. Join the staff of the Family Support Center for multicultural food, fun and international entertainment. Another planning meeting is set for Thursday at 1 p.m. at the FSC. Bring your favorite cultural dish to share. For more information or to sign up, call **895-1252**.

Scholarship night

Scholarship night is scheduled to be held at the Community Center Oct. 7 from 6 to 8 p.m. If you have a senior or junior planning to attend college, it's time to start planning for the future. The staff of the FSC and local colleges will be available to provide information. For more information or to sign up, call **895-1252**.

Morale Call program

The Morale Call program is for family members of servicemembers who are deployed, TDY or on a remote tour. Four 15-minute calls per month can be made from 6 p.m. to 9 p.m. on weekdays and any-time on the weekends from your home to a site that has a DSN number. Register in person or by phone with the FSC. For more information, call **895-1252**.

Information

Saturday night entertainment

Club Shaw Saturday night entertainment continues Sept. 27 with *blackriver*, a new country/Southern rock band, from 9 p.m. to 1 a.m. This event is free for members and \$2 for all others. For more information, call **666-3651**.

Skills Development Center

Skills Development Center specials continue Sept. 30 with 10 % off all books on stained glass. Stop in and see what might interest you. For more information about other specials and on-going classes, call **895-2727**.

Get into the game

The Tours and Entertainment office has a variety of football game tickets for \$55 per person, which includes round-trip transportation and tail gate party. See the Carolina Panthers take on the New Orleans Saints Oct. 5 and the Philadelphia Eagles Nov. 30. For more information, call **895-4774**.

Golf tournament

Carolina Lakes Golf Course is sponsoring a four-person team tournament Oct. 11 with tee time at 11 a.m. The cost is \$10 for members and \$15 for nonmembers. For more information, call **895-1399**.

Youth Fall Festival volunteers

The Youth Fall Festival needs volunteers. The festival is scheduled for Oct. 24 at the Youth Center, and the volunteers will judge all the contests. For more information, call Al Jelks at **895-3969**.

Military Retiree Appreciation Night

Club Shaw is scheduled to host Military Retiree Appreciation Night Wednesday from 6 to 10 p.m. Entertainment will feature music from the 1940s to present day. Entree choices include baked, stuffed flounder or prime rib of beef au jus with garlic mashed potatoes, chef's vegetables with a glass of wine for \$12.50 per person for members and \$15.50 for nonmembers. Reservations should be made by Monday. For more information, call **666-3651**.

Lunch menu entrees for CMSgt Emerson E. Williams Dining Facility

Today -- Mexican baked chicken, Swiss steak with tomato sauce, stuffed green peppers

Saturday -- Crispy baked chicken, cajun meat loaf, steak

Sunday -- Tuna and noodles, sauerbraten, chicken parmesan

Monday -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage

Tuesday -- Onion lemon fish, pork schnitzel, yak-isoba

Wednesday -- Barbecue ribs, fried chicken, fried catfish

Thursday -- Lasagna, Italian veal, Italian sausage
(Information courtesy of the 20th Services Squadron.)

At the movies

Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

7 p.m., Bend It Like Beckham, PG-13

(Language and sexual content) -- An Indian family in London tries to raise their soccer-playing daughter traditionally. Unlike her sister, Pinky, who is preparing for an Indian wedding, Jess' dream is to play professional soccer like her hero, David Beckham. Her parents reveal their reservations have more to do with protecting her than holding her back. They must decide whether to let her chase her beloved dream.

1 hr. 52 mins.

Saturday

7 p.m., Freaky Friday, PG (Mild thematic elements and some language) -- Daughter Annabel and mother Ellen, who are always arguing with each other, simultaneously wish to be someone else. They exchange bodies and learn what it's like to be in the other person's situation. The duo faces a deadline, as the mother is due to get married soon. Annabel also finds herself stuck with her mom's job as a medical doctor but without any of the training.

1 hr. 36 mins.

Sunday

3 p.m., Uptown Girls, PG-13 (Sexual content and language) -- Molly Gunn is the freewheeling daughter of a late rock legend and the toast of the Manhattan social scene. When her inheritance is stolen, Molly's forced to do something she's never done before - get a job. She becomes nanny to precocious Ray Schleine, an 8-year-old going on 40. Emotionally distant from her mother, Ray has grown up with a revolving door of nannies and too little stability. Molly and Ray both feel painfully alone in the world, but as they try to make their new arrangement work, each discovers in the other a true friend.

1 hr. 34 mins.

SPORTS SHORTS

5K race sparks fitness fire

A 5K race, 1-mile race and 100-yard dash kicked off Saturday in the 5000-area on base.

Senior Airman Darik Pickerel, 20th Component Maintenance Squadron, took first place in the 5K men's division with a 20:03 time.

First place in the 5K women's division went to Capt. Jill Koeven, 20th Medical Operations Squadron, who ran the course in 22:58.

The event was sponsored by the 20th CMS Ready Thunder Booster Club.

Lt. Col. Kelly Larson, 20th CMS commander, said fitness events, such as the 5K, will continue to be sponsored on a quarterly basis by the squadron. Details of upcoming events will be announced.

Rugby season starts

Fall season recently started for the "Olde Grey" Rugby Club in Columbia. The team is looking for experienced and novice players. Practice is in Columbia Tuesday and Thursday nights from 7-9 p.m. Matches are on Saturdays. For more information, call Chief Master Sgt. Craun Fansler at **968-5853** for more information.

Scene at the green

Master Sgt. Mike Harris, 20th Component Maintenance Squadron aircraft fuels system superintendent, putts on the green, after a beautiful bump-and-run with a 3-iron sailed his ball out of the rough at the par-5 hole three. Harris, along with retired Master Sgt. Anthony Wigfall, Master Sgt. Gerald Hall, 20th CMS NCO in charge of aircraft fuel systems, and Master Sgt. Tyrone Brown, 20th CMS assistant NCOIC, teed off as a team during the Black Heritage Committee's Inaugural Golf Tournament Sept. 12 at Carolina Lakes Golf Course on base. The team captured five birdies and parred 11 holes on the round.



Photo by Airman 1st Class Susan Penning

5K in the 5K - Shaw members prove they're fit to fight



Above, Ali Wilburn, daughter of Becky and Staff Sgt. Brett Wilburn, 20th CMS, gathers water balloon ammunition to cool runners down.

Right, runners take off from the starting line after Prior sounds the horn to begin the 5K race.



Left, Col. Sam Angelella (left), 20th Fighter Wing commander, barely misses a water gun attack by Tech. Sgt. James Prior (right), 20th Component Maintenance Squadron, during the base 5K race Saturday. Angelella said if he could run the course, anyone could. He also said the race was a great kick-off for the new emphasis on increased fitness.

Right, Senior Airman Darik Pickerel, 20th CMS, crosses the finish line and claims first place in the men's division with a 20:03 time on the challenging and hilly 5000-area course.



Photos by Airman 1st Class Susan Penning